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Mail Stop Amendment, Commissioner for Patents,
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On 04 January 2005

Signed: 
Paula Faulk Hurley

O I P E
JAN 07 2005
U.S. PATENT & TRADEMARK OFFICE

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re application of: William R. Dubrul Application No.: 10/702,611 Filed: 07 November 2003 Title: Push Up/Pull Up Exercise Apparatus and Methods for Use	Attorney Docket No.: 021016-1 Examiner: Lori Baker Amerson Group: 3764 Confirmation No.: 8512
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Mail Stop Amendment
Commissioner for Patents
P.O. Box 1450
Alexandria, VA 22313-1450

AMENDMENT

Sir:

In response to the office action mailed 1 October 2004, for which a petition for a one-month extension of time from 1 January 2005 through 1 February 2005 is enclosed, please amend this application as follows.

Amendments to the Specification begin on page 2 of this paper.

Amendments to the Claims are reflected in the listing of claims, which begins on page 4 of this paper. This listing of the claims will replace all prior versions, and listings, of the claims in this application.

REMARKS begin on page 7 of this paper.